

Identifier	Poplar - Grade 4 - Health	Introduced	Completed
4 H 1	HEALTH PROMOTION / DISEASE PREVENTION		
4 H 1.01	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.		
4 H 1.02	Name and explain the stages of growth and development.		
4 H 1.03	Identify the key nutrients and the relationship of a balanced diet and these nutrients to health.		
4 H 1.04	Describe how family, peers, and information influence the use, misuse, and abuse of drugs.		
4 H 1.05	Explain procedures for personal safety when confronted with violence or other hazards.		
4 H 1.06	Describe how behaviors, pathogens, genetic history, and other factors are related to disease prevention.		
4 H 1.07	Identify programs designed to promote community health.		
4 H 1.08	Explain the relationship of the environment to positive health behaviors and the prevention of injury, illness, disease, and premature death.		
4 H 1.09	Define nutrient.		
4 H 2	HEALTH INFORMATION / ACCESSING INFORMATION		
4 H 2.01	Identify community sources that provide preventive health care.		
4 H 2.02	Describe situations requiring professional health services.		
4 H 2.03	Develop a telephone list for emergency contacts.		
4 H 2.04	Explain why first aid is important.		
4 H 2.05	Identify places and people to go to for first aid.		
4 H 3	HEALTH ENHANCEMENT / SELF MANAGEMENT		
4 H 3.01	List consequences of harassment, fighting, and intimidation.		
4 H 3.02	Demonstrate anger management techniques.		
4 H 3.03	Demonstrate refusal skills and ways to seek assistance.		
4 H 3.04	Distinguish between safe and risky/harmful behaviors.		
4 H 3.05	Demonstrate strategies to manage stress.		
4 H 3.06	Perform basic safety, first aid, and life-saving techniques.		
4 H 3.07	Demonstrate respect for the personal space and property of others.		
4 H 3.08	Demonstrate awareness of boundaries.		
4 H 4	INFLUENCES		
4 H 4.01	Compare and contrast factors responsible for differences in health behavior and health services in different cultures.		
4 H 4.02	Describe ways technology can influence health and chronic disease.		
4 H 4.03	Analyze how stated and implied messages from media influence health behaviors.		
4 H 4.04	Demonstrate responsibility for equipment.		
4 H 5	INTERPERSONAL COMMUNICATION		
4 H 5.01	Refine skills and strategies for solving interpersonal conflicts without harming self and others.		
4 H 5.02	Explain the importance of respecting the feelings, rights, and property of others.		
4 H 6	DECISION MAKING / GOAL SETTING		
4 H 6.01	Demonstrate a collaborative decision-making process to resolve health issues and problems that includes an examination of alternatives and consequences.		
4 H 6.02	Set an individual health goal and identify the steps necessary to achieve it.		
4 H 6.03	Predict how decisions regarding health behaviors have consequences for self and others.		
4 H 6.04	Explain when to ask for assistance in making health-related decisions and setting health goals.		
4 H 6.05	List several rewards of healthy living.		
4 H 6.06	Strive to improve personal best.		
4 H 7	PERSONAL AND COMMUNITY HEALTH		
4 H 7.01	Demonstrate the ability to work independently when promoting health for self and others.		
4 H 7.02	Encourage others to make healthy choices.		
4 H 7.03	Demonstrate age-appropriate skills in throwing, catching, and striking.		